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STOMACHING THE VOMIT COMET

DIRECTOR ALFONSO CUARÓN TALKS NEW SPACE FLICK AND SURVIVING ZERO-GRAVITY PAGE 8

No more rainy nights in SoHo

Blue skies ahead for the London neighbourhood, as marketing firms Atmos Marketing and rtraction unveil plans for new property PAGE 2

'No longer are they just being held, they're being coerced'

Friend of Londoner jailed in Egypt reacts to allegations, among them murder PAGE 4

Winter's coming, quick, head south!

From drinking to sleeping to dining to doing, we've got your to-do list covered in Bermuda PAGE 10

NEWS WORTH SHARING.

New lifeline for Lorne Ave. school

'Under no circumstances'. London InterCommunity Health Centre could move in, but it won't bring needles

Lorne Avenue Public School may have an unlikely saviour.

But the London InterCommunity Health Centre, which could move some of its services to the embattled school, is taking a very careful approach.

If the deal comes through, there will be no drug services, homeless people or HIV testing clinics in the school — and that's a promise.

"Under no circumstances are we considering a needle-exchange program or safe-injection program at the school," said the health centre's executive director, Michelle Hurtubise, adding she was responding to talk in Old East Village.

By the numbers

- **40,000 to 45,000 square feet:** Space available in Lorne Avenue school for other uses.
- **25,000 to 30,000 square feet:** Space the London InterCommunity Centre could occupy.

The all-important decision on the future of Lorne Avenue school is looming. After it had a stay of execution at a Thames Valley District School Board meeting in June, its future is on the agenda for a Nov. 25 meeting.

The June meeting saw the narrow defeat of a plan to keep the school open and use extra space in the building for programs, including a community centre run by the city. That will be back on the table next month, along with the inter-community health centre's new pitch.

Hurtubise was careful to say her organization's involvement is just one of many options. It will be discussed at a town hall meeting at 7 p.m. Monday in the school gym.

"The express purpose of this meeting is to communicate what the possibilities are and to clearly communicate what they are not," she said.

Services that could move into the school include the centre's administrative office, primary care services like nurses and doctors, the diabetes care program, youth-engagement projects and the program for frail and isolated seniors. Along with keeping the school open, the partnership could help expand the health centre's offerings. Hurtubise said the organization could work with the school on a program to encourage good nutrition in children.

MIKE DONACHIE/METRO

NHL'S BACK, BABY!

Sports fan Brian Sweet, right, gives a snarl to Jason Smith at Logo Sports in White Oaks Mall in advance of the Toronto Maple Leafs-Montreal Canadiens puck drop on Tuesday. See NHL coverage on page 12. SCOTT TAYLOR/METRO

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NEWS 1

Historic site

Keeping with the old, as they welcome the new

The remarkable roundhouse project at Waterloo and Horton streets will save one of London's special buildings, project leaders said Tuesday.

As owners Creative Property Developments prepare for the arrival of their new tenants, the former Great Western Railway Roundhouse will be carefully protected.

It was built in the late 1880s to service steam locomotives and has housed prominent businesses since then, including the Sansone Fruit Company. It was home to the Great West Steak House from 1973 to 2006.

The building's original features are being retained as much as possible during the renovation. Already, its modern interior has been stripped back to the rafters and, eventually, some of the original windows, which had been bricked up, will be replaced. The only walls to be added will be made of glass, and there's an absolute ban on drywall.

There's also the intriguing possibility that rail lines might be found when the floor is removed. Tuesday's launch event was held five feet above the original ground level, which will be restored.

During the work that's already happened, workers found historic artifacts in the roof space, including a 19th-century receipt for wagon wheel repair. The bill was $2.

"There's a lot of history in this building," said former city councillor Roger Caranci, spokesman for Creative Property Developments. MIKE DONACHIE/METRO

Staff of rtraction and Atmos Marketing gather Tuesday in their new building. MIKE DONACHIE/METRO

Roundhouse ready to revitalize SoHo

New tenants. Tech firms on trend as former steakhouse is transformed

MIKE DONACHIE
mike.donachie@metronews.ca

SoHo's moving like a steam train, leading city figures said Tuesday as a prominent building started a new journey.

Within months, the former Great Western Railway roundhouse at Waterloo and Horton streets will be home to two fast-growing, forward-looking digital agencies, Atmos Marketing and rtraction.

The new tenants will join other exciting companies nearby, like Creative Donkeys and webAssist, but the large-scale project was lauded as a shot in the arm for SoHo.

"For us, moving into this space and creating such a unique office space will just set the area off and act as a catalyst for making it into London's tech centre," said Atmos co-founder Corey Dubeau.

David Billson, president of rtraction, said he was "incredibly thrilled" with his company's new home.

"One of the things that we're so excited about is the opportunity of using this space for community events in SoHo," he added.

Mayor Joe Fontana may have been lamenting the demise of the Great West Steak House, describing it as having been "the best place to eat" in the city, but he was pumped for SoHo's future.

The building, which has called the neighbourhood home since the mid-1800s, has sat empty since the restaurant closed in 2006.

"This is going to be the next place that you will want to live, that you will want to work in this city," Fontana said. "This project is a perfect example of what is happening in the SoHo district."

Prime location

"It's basically downtown with free parking."
Corey Dubeau, co-founder of Atmos Marketing, on SoHo.

Tips sought. Thieves snatch ATV from man with limited mobility: Police

Police say thieves struck a Scotland Drive home, taking an all-terrain vehicle used by a 68-year-old man with limited mobility.

The blue 2010 New Holland Rustler was stolen late Monday or early Tuesday from a home on Scotland Drive, police said.

The owner, they said, left it parked at the back of his residence. He depended on the vehicle when visiting family members on neighbouring farms.

Anyone with information is asked to call the London police at 519-661-5670 or Crime Stoppers at 800-222-8477. Information can also be sent anonymously to londoncrimestoppers.com. METRO

Search warrant executed. Teen facing charges after police find revolver

A 16-year-old is facing multiple charges after police turned up a .38 Special in the search of a Boullee Street residence.

The search warrant was executed Monday by members of the guns and drugs sections, which includes officers from the London Police Service and the RCMP.

Police said ammunition was found along with the revolver.

Charges against the teen include possessing an unloaded regulated firearm, unlicenced person possessing a prohibited/restricted weapon, storing a firearm carelessly and storing ammunition carelessly.

The suspect is being held on an unrelated matter and a warrant is being prepared for his arrest, police said.

METRO

The gun found in a Boullee Street residence. CONTRIBUTED

Council. $300,000 rise in costs for Dearness Home consultants causes concern

An extra $300,000 in costs to bring in management consultants to help run the Dearness Home for seniors led to controversy Tuesday night.

City council's meeting heard concerns from Couns. Bill Armstrong and Joe Swan at the price increase, which would be added to the current price of $150,000 a year.

Armstrong told his colleagues: "You think what we could do for the seniors in that building for these hundreds of thousands of dollars."

But it wasn't that simple. City staff informed the councillors the consultancy contract would be "buying expertise." It's needed, councillors heard, because of staffing problems that couldn't be discussed in public. Also, the numbers didn't stand up to a direct comparison. Some of the services were previously provided by city staff, and were not included in the report before council. The costs were higher, staff said, but not as high as it looked.

A series of council members — including Mayor Joe Fontana and Couns. Nancy Branscombe and Paul Hubert — said the new management contract with Extendicare was the right move. In the end, council approved the contract.

MIKE DONACHIE/METRO

Looking. After 30 years on Wharncliffe, children's museum is moving on up

The London Children's Museum is moving.

Officials made the announcement Tuesday, saying they've launched a search for a new site.

The search is expected to take two to four years and will include various public forums to get feedback from users.

Executive director Amanda Conlon said the non-profit's building at 21 Wharncliffe Rd. S. will go on the block Wednesday morning. If it's bought before the organization is ready to move, the museum will enter into a lease agreement with the new owner until a new location is selected, Conlon said.

"Before we make any decisions, we want to have a conversation with the community," Conlon said.

The biggest problem at the existing site is space. Travelling exhibits, she said, are much larger these days than they were when the museum opened on Wharncliffe Road 30 years ago.

Ongoing maintenance costs at the aging building are also a factor, leaders said.

ANGELA MULLINS/METRO

The Idlewyld Inn, a former mansion-turned-hotel, has stood on Grand Avenue since the 1800s. The owner announced the hotel is now closed after two years in business.

MIKE DONACHIE/METRO

Idlewyld shuts doors

Loss for London.
Hotel owner shutters business after only two years, putting 30 people out of work

MIKE DONACHIE
mike.donachie@metronews.ca

It's been a sad week for entrepreneur Marcel Butchey, owner of the Idlewyld Inn.

He was spending Tuesday clearing out the Grand Avenue business after telling his 30 staff they were losing their jobs.

After two years of trying, the 36-year-old Londoner, who moved back to the city after 15 years away to open the hotel, has called it a day. The hotel is now closed.

"It was just time," he said. "It's happening for business and personal reasons. The building will be up for sale."

But, for Butchey, the loss of the hotel is a bigger loss for the city, which found out last week that Kingsmill's department store on Dundas Street is for sale due to the retirement of its president.

He said the Idlewyld's closure could mean the loss of "another great historic property in London."

That heritage is part of the reason the Idlewyld had a loyal clientele.

"I've been calling today people who have reserved something here," Butchey continued. "Obviously people are really tied to this place. I think we've done a great job to get it to where it is.

"We're really hoping that someone keeps it the same. Someone may, or someone may not."

He added: "I've been blown away by the support, the feedback we've gotten for two years.

"Obviously, my staff did a wonderful job and people noticed. We started to build up a nice, lovely base who appreciated this sort of stuff."

History

- The Idlewyld Inn is a Victorian-style mansion built for former mayor Charles Hyman in the 1870s.
- Prime Minister John A. Macdonald stayed there when he visited London.

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Egypt considers murder charges against Greyson and Loubani

Detained. Canadians deny all the allegations levelled against them

The handwritten document, in scrawled Arabic, ends with a thumbprint and the signature of Toronto filmmaker John Greyson.

It outlines an alarming and wide-ranging list of allegations — among them murder and "intention to kill" — against Greyson and London doctor Tarek Loubani, who have been detained in a Cairo jail since Aug. 16.

The pair were arrested during a week of violence that followed protests against the ouster of Islamist president Mohammed Morsi.

Dr. Amit Shah, a close friend of Loubani's, was shocked Tuesday as the allegations were made public.

Egyptian prosecutors "have shown a pattern of making all sorts of outlandish allegations, and yet none of those have actually turned into formal charges," Shah said. "They've had this pattern before of making all sorts of outlandish allegations without a shred of proof."

Shah said he's troubled that Greyson's signature and thumbprint allegedly adorn the bottom of the document.

"The only thing you can make of it — if it's actually John's thumbprint — is that it was obtained under coercion or under duress or deception," he said. "It seems that no longer are they just being held, they're being coerced."

Greyson's sister, Cecilia, meanwhile said she was aware of the accusations.

"This was a list of accusations generated at the time of arrest that were an excuse for detainment, not formal charges in a court of law," she stressed. "This is like a grab bag of charges they've been tossing around for the past six weeks."

The potential charges were outlined during the prosecution's questioning of the men on the day after their arrest. Similar charges are also being sought for 140 Egyptians scooped up during demonstrations in the heart of Cairo that left dozens dead.

Both Greyson and Loubani deny all the allegations. Lawyers say there is no credible evidence against the two men and that they should be released without charge.

The background to the allegations is the supposition — which the two men deny — that the pair participated in illegal demonstrations by supporters of the Muslim Brotherhood, the party of Morsi.

TORSTAR NEWS SERVICE
WITH FILES FROM SCOTT TAYLOR/METRO

Dr. Amit Shah, pictured here, led a Sept. 24 rally in Victoria Park calling for the release of Tarek Loubani and John Greyson. Shah and Loubani are friends and colleagues in London's medical community. ANGELA MULLINS/METRO

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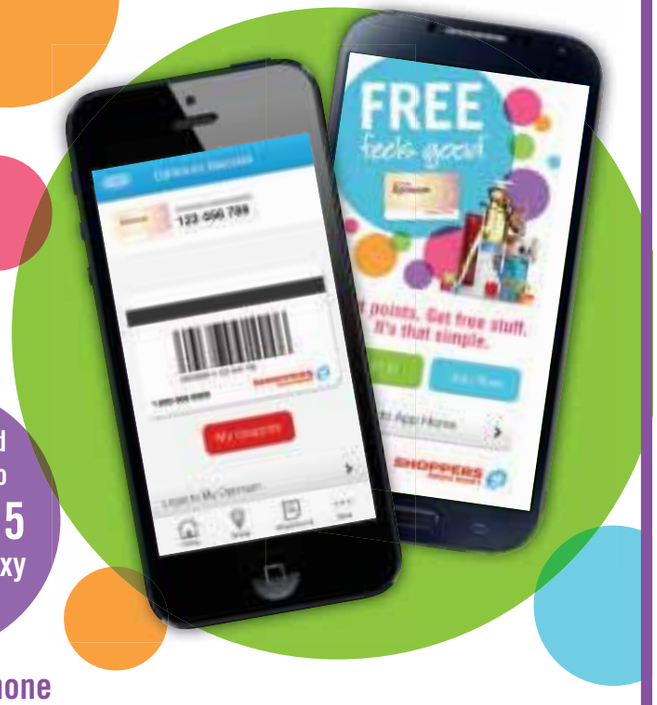

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They stand on guard.
Five notable women seek gender-neutral O Canada

Demanding change: Margaret Atwood, left, Kim Campbell, Nancy Ruth, Vivienne Poy and Sally Goddard. THE CANADIAN PRESS/FILES

A group of notable Canadian women is launching a campaign for gender-neutral language in the English lyrics of O Canada.

The group says the change would restore the national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and ex-prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign and encourage Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics.

The coalition says for no documented reason the lyrics were revised in 1913 from "thou dost in us command" to "in all thy sons command" and it's time to make a change to reflect the inclusive intentions of the original lyrics.

Other members of the group include Senator Nancy Ruth, author and fashion designer Vivienne Poy and Sally Goddard, mother of Nichola Goddard, the first female Canadian soldier killed in combat.

THE CANADIAN PRESS

Cross about cross. Values charter sparks topless row in Quebec legislature

A topless protest interrupted the daily question period in Quebec's national assembly Tuesday, in a screaming semi-nude denunciation of the controversial values charter.

Women began removing their clothes while Premier Pauline Marois was answering a question.

Shouts erupted in the gallery and everyone's eyes, including the premier's, drifted upward.

As the protesters disrobed, they chanted a slogan against the presence of the crucifix in the chamber. Security guards pulled a trio of half-naked protesters away and struggled to dress them.

The protest was over a Parti Québécois proposal that would leave the crucifix in the chamber; Christmas trees would remain in public offices; and the giant cross would stay above Montreal's Mount Royal.

THE CANADIAN PRESS

Last to leave, please switch off the lights

America shuts down.
800,000 federal workers sent home as historic wrangle over health care shutters many U.S. agencies

U.S. showdown

The extraordinary U.S. shutdown was caused when a long-running dispute over President Barack Obama's health-care law stalled a temporary funding bill.

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were virtually shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce of Target, General Motors, Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades. But people classified as essential government employees — such as air traffic controllers, Border Patrol agents and most food inspectors — worked.

So did members of the military and employees such as State Department workers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last — or who the public would blame for unanswered phones and locked doors.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

THE ASSOCIATED PRESS

Amid the shutdown ...

Life-or-death stuff: Obama

Hailing it as an "historic day," President Barack Obama pressed forward his flagship health-care program Tuesday.

"This is life-or-death stuff," Obama said. He said tens of thousands of Americans die each year for lack of health insurance, and others go bankrupt.

"Today we begin to free millions of our fellow Americans from that fear," he added.

THE ASSOCIATED PRESS

Go home, folks: A U.S. Park Police officer helps to close down the Martin Luther King Memorial in Washington D.C. on Tuesday.
MARK WILSON/GETTY IMAGES

Reactor clogged

A tsunami of jellyfish nukes nuclear plant

It wasn't a tsunami but it had the same effect:

A huge cluster of jellyfish forced one of the world's largest nuclear reactors to shut down

The Oskarshamn nuclear plant in Sweden had to scramble reactor No. 3 on Sunday after jellyfish clogged the pipes.

But by Tuesday, the pipes had been cleaned.

THE ASSOCIATED PRESS

Climate change?

'Refugee' seeks a haven from rising tides

Kiribati is an impoverished string of coral atolls about halfway between Hawaii and Australia. THE ASSOCIATED PRESS

A man from one of the lowest-lying countries on Earth is trying to convince New Zealand judges that he's a refugee — suffering not from persecution, but from climate change.

The 37-year-old and his wife left his remote atoll in the tiny Pacific country of Kiribati six years ago for higher ground and better prospects in New Zealand, where their three children were born. Immigration authorities have twice rejected his argument that rising sea levels make it too dangerous for him and his family to return to Kiribati.

THE ASSOCIATED PRESS

Murder, marriage

Judge jails him ... then officiates at his wedding

Danne Desbrow and his fiancée, Destiny, were married — just minutes after he was sentenced to 53 years-to-life in prison for first-degree murder, reports say.

San Diego Superior Court Judge Patricia Cookson officiated at both events.

She even reportedly baked a cake for the ceremony.

Desbrow was sentenced for a 2003 killing after a witness with key information came forward recently.

His lawyer argued Desbrow was defending himself in a fight.

After the sentencing, deputies locked the courtroom doors and Cookson married the couple.

The couple kissed and Cookson went back to her chambers.

Moments later, she appeared with two pieces of vanilla bundt cake on paper plates with plastic forks.

Destiny Desbrow said the judge baked the cake herself.

THE ASSOCIATED PRESS

Punk band

Pussy Riot member ends her hunger strike

A jailed member of the punk band Pussy Riot is ending her hunger strike nine days after it began, Russian officials say.

Nadezhda Tolokonnikova began it to protest violations of rules covering work conditions in the penal colony where she is serving a two-year sentence for denouncing Russian leader Vladimir Putin. THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.85¢
(-0.21¢)

TSX
12,847.44 (+60.25)

OIL
$102.04 US (-29¢)

GOLD
$1,286.10 US (-$40.90)

Natural gas: $3.61 US (+5¢)
Dow Jones: 15,191.70 (+62.03)

Telecom

'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable.

The report by the Convergence Consulting Group says Wind Mobile, Public Mobile and Mobilicity — which is now under creditor protection — can't keep offering "dirt cheap" prices and stay in business.

As a result, the report says, the new players will have to bring up their prices to survive and expand their networks.

THE CANADIAN PRESS

Ebook service bets readers will buy into subscriptions

Publishing. Scribd, HarperCollins offer access to thousands of titles for monthly fee

Different model

- If it's successful, Scribd could help publishers cultivate an alternative to the electronic bookstores run by Amazon, Apple and Google.

Online document-sharing site Scribd is taking a page from Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an ebook subscription service that will boast thousands of titles published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying individual titles.

Scribd will charge $9 US per month for a service that offers unlimited access to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers. Recent bestsellers from Harper Collins aren't included in the subscription service, although customers will be able to buy new titles individually on Scribd's site.

"I feel we are moving into new uncharted waters, but that's what innovating and reading is all about," HarperCollins CEO Brian Murray said in an interview. "I feel like this is the right deal with the right partner at the right time and we are going to learn."

THE ASSOCIATED PRESS

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Happy... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition, and since then, the date has been used to mark Batik Day. ROBERTUS PUDYANTO/GETTY IMAGES

TRUE PATRIOT GENDER-NEUTRAL LOVE

JUST SAYIN'

Paul Sullivan
metronews.ca

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change "In all thy sons command" to "In all of us command," which is OK by me. I could never quite get my head around, "In all thy sons command," anyway. It's not as if we talk like that.

"Like, true patriot love in all thy sons command."

"Whatever, dude."

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it's a bad idea to mess with the lyrics of our national anthem. Is nothing sacred etc.? It might help them to know that the original 1908 lyrics include the phrase "thou dost in us command" which makes no sense at all but at least it's gender neutral.

They should also know that O Canada wasn't even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the "dosts" "thous" "thees" and "thys" have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to do than lobby for new words to the national anthem.

Take "our home and native land," for instance. In 1990, Toronto City Council actually voted to encourage the government to change it to "our home and cherished land" because some non-native Canadians might feel left out.

Not to worry. They're too busy trying to figure out "true patriot love in all thy sons command."

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high school students enrolled in choir don't know the lyrics to O Canada, regardless of the version. And that's the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that's because they don't sing the song at the start of the day at school anymore, and maybe they're right. In fact, the only place we do sing it is at football and baseball games, usually alongside the Star Spangled Banner, which doesn't make any sense either.

But that's OK. It's an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight's last gleaming from far and wide. Don't we?

Visit metronews.ca to watch the video and share your opinion.

ZOOM

The horror of war in numbers

THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died during the Second World War.

Titled The Fallen 9000, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944. METRO

Concept to creation

"It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying."

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project's effect lives on.

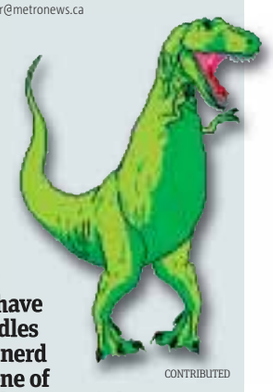
"Veterans are telling me how it brought home the impact war has," artist Jamie Wardley said. METRO

About 200 volunteers from various backgrounds and ages raked with stencils.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

You know you've made an impact when you get an asteroid named after you, right? Web comic creator Randall (XKCD) Munroe (now of the Asteroid 4942 fame) has proven comedy and science/math/language/smart stuff can go hand in hand. Running since 2005, XKCD comics have evolved from scanned doodles to 3,000-panel time lapse nerd jokes. Though Munroe is one of the web comedy pioneers, he's certainly not alone.



CONTRIBUTED

Perry Bible Fellowship:

Running as a weekly comic in the mid-2000s, getting a book deal in 2011 and now publishing 'wheneverly,' PBF's humping dinosaurs, pregnant teenage chickens and bad apples are a staple of Internet comics.

Dinosaur Comics:

Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahraptor.

Twitter

@metropicks asked: Kingston Pen is rife with stories of escape and revolt. Now that it's shutting its doors, what should be done with it?

@OttUncensored: make it a taco stand!

@AlexnotAlecs: Trendy condos. Student housing. Convert the entire thing to a maximum security day care centre. No babies climbing those walls.

@twitandrewking: A pen factory.

@Banannikka: Youth Hostel!

@iamAngC: leave it the way they walked out of it don't sugar coat it and open it to the public

@kasey_with_a_k: turn it into a museum, like alcatraz. People will pay for a good criminal ghost story or two. #tourism

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet

NED EHRBAR
Metro World News in Hollywood

Alfonso Cuarón apologizes for the delay in bringing his latest film, Gravity, to the masses, but properly presenting outer space turned out to be a tough nut to crack. And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question after seeing this film is: how?
Well, the first thing is we're trying to do a film that takes place in space but that looks like those Imax documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's amplified here.
It's because there's no up and there's no down. That's the thing, we wanted to honour the physics and the mechanics in zero-G, including not only the character and the objects but the camera. A lot of that was informed by doing tests in different systems and possibilities, including parabolic flights — the Vomit Comet. Once you're floating you don't have much control. Your inertia dictates how you move. We talked about that, that the camera was also in zero-G, the camera is not controlled.

Did you get sick on the Vomit Comet?
No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it all day long. The beautiful thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?
No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of Children of Men, which was criminally overlooked when it came out.
I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's parents. The bright side is that Amanda can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."

Jodie Foster

Jodie Foster has a new girl

Jodie Foster and photographer Alexandra Hedison are reportedly dating, according to E! News.

"It's pretty serious," a source says. "They're totally in love." Hedison previously dated Ellen DeGeneres before the talk show host got involved with Portia de Rossi.

Foster and Hedison began turning heads over the summer at events in both Los Angeles and New York.

The Word

Cher still has no problem telling it like it is

ALEXANDRA CAVALLO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said shade at Madge in a Reddit forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet netherregions.

Over the weekend, she logged on for an Ask me Anything open forum on Reddit (oh, by the way, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.

Miley Cyrus

Miley majored in twerking instead

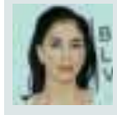
Before embarking on her post-Disney career, Miley Cyrus admits she flirted with the idea of going to college.

"I kind of like the way Mary-Kate and Ashley (Olsen) did it. They were bajillionaires from being these kid stars, and they decided that that wasn't the future that they wanted," she tells Rolling Stone. "Once I ended (Hannah Montana) I thought I might go to NYU or something and study photography. Or Savannah — they've got a really good school in Savannah. I love photography. I have a Canon 5D. I want to co-direct something soon. When they're saying, 'Change this lens to this millimeter,' I want to know what they're talking about."

Twitter

@ABFoundation
The govt is shut down but BP is still open. This country is in big trouble.

@KellyOsbourne
I really do wish all the #GrammarPolice on twitter would f--- off! Its Twitter not Mensa!



@SarahKSilverman
I love that wearing sweats on a flight makes some people crazy. Who r u dressin up for, ding-dong? flying's a sport.

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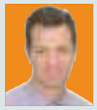
Italy

There IS something to rent in Tuscany



ON THE MOVE
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must–haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us $500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few of the dozens worth a visit. If you are pedalling on your own steam, I would recommend that you are in good shape, as the countryside is hilly. If you are renting a car, go small as some of the streets can be narrow.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Whether mushrooms, truffles or tomatoes, eat the food that is fresh. Make sure to sample the regional specialties, such as Florentine steak, Pienza's pecorino cheese or my personal favourite, wild boar pasta.

Hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance. Ask if there is a restaurant on-site and enjoy your tasting along with a meal. I recommend the Salcheto Winery just outside of Montepulciano. The view from their lunch table was incredible.

And don't forget to take a soak.

In Italy a day at the spa is about soaking, steaming and mud baths.

The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak in the sun and sights of Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

A climb to the top of Gibbs Hill Lighthouse reveals fabulous views of colourful houses, deep bays and the string of islands. JIM BYERS/METRO

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about $330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about $150 a night in high season, with a five night minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was $60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed potatoes, for about $40.

Doing

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.

‘Faux’ mini cheesecakes are full of real good-for-you flavour

Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 m) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 m) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

1. In bowl, place cashews and dates. Pour in enough water to cover; let stand for 1 hour. Drain.

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freezeproof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for “handles.”

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

Strawberry-Coconut ‘Cheese’ Cake

This recipe makes 24 mini-cake servings. MISSAVACADO.CA

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerate up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To garnish, top each with sliced strawberries.

MISSAVACADO.CA

Drink of the Week

Kick Start PB and J Smoothie

- 1 ripe banana
- 1 cup (250 ml) 3% plain yogurt
- 1 cup (250 ml) ice cubes
- 1/3 cup (75 ml) PC Blue Menu No-Stir Smooth Peanut Butter with Meg-3
- 1/4 cup (50 ml) PC Blue Menu Twice the Fruit Strawberry Spread
- 1/2 tsp (2 ml) vanilla

In blender, combine banana, yogurt, ice cubes, peanut butter, strawberry spread and vanilla. Purée until smooth and silky. Divide among four glasses. **PRESIDENT’S CHOICE**

A new way to enjoy a childhood fave

Peanut butter and jam is a childhood favourite. Enjoy it anew with these Peanut Butter and Jam Filled Cupcakes.

1. Preheat oven to 350 F (180 C). Line two standard muffin tins with 20 paper liners.

2. In bowl of stand mixer fitted with paddle attachment, beat butter with sugar on medium speed for 3 to 4 minutes or until light and airy. One at a time, beat in eggs, beating well after each addition and scraping bowl between additions. Into another bowl, sift flour, baking powder, baking soda and salt. Add half of flour mixture to butter mixture. Mix on low speed just until combined. With machine running, slowly pour in buttermilk and vanilla. Scrape side of bowl and continue to beat until combined. Add remaining flour mixture; beat on low speed just until smooth. Scrape down side of bowl; beat on medium speed for 30 seconds. Evenly divide batter among paper liners in prepared muffin tins.

3. Bake in centre of oven for 15 minutes. Rotate pans front to back; bake another 8 to 10 minutes or until golden and tester inserted in centre comes out clean. Cool for 5 minutes in tins. Transfer cupcakes to rack and cool to room temperature.

4. Make topping: In bowl of stand mixer fitted with paddle attachment, beat peanut butter, cream cheese and butter on medium speed for 1 to 2 minutes or until creamy and light. Add icing sugar and salt; beat on medium speed for 1 to 2 minutes or until smooth and creamy. Place mixture in pastry bag fitted with 1/2-inch (1 cm) star or plain tip. Pipe a border around each cooled cupcake. Place a heaping teaspoon (5 ml) strawberry spread in centre of each. **PRESIDENT’S CHOICE**

Ingredients

- 1/2 cup (125 ml) unsalted butter, softened
- 1 cup (250 ml) sugar
- 3 eggs, at room temperature
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1-1/4 cups (300 ml) buttermilk
- 1 tsp (5 ml) pure vanilla

Topping

- 3/4 cup (175 ml) smooth peanut butter
- 1/2 cup (125 ml) PC Blue Menu Light Cream Cheese, softened
- 1/2 cup (125 ml) PC Unsalted Country Churned Butter, softened
- 1/2 cup (125 ml) icing sugar
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) PC Blue Menu Twice the Fruit Strawberry Spread

Leafs take Round 1 from rival Canadiens

NHL. Toronto escapes Montreal with win in rough-and-tumble season opener

Tyler Bozak scored short-handed and Mason Raymond got the winner in his first game with the Maple Leafs as Toronto spoiled the Montreal Canadiens home opener with a 4-3 win on Tuesday night.

James van Riemsdyk and Dion Phaneuf also scored in a fight-filled contest that saw Montreal's new enforcer George Parros carried off on a stretcher after Colton Orr pulled him down during a scrap, crashing the Canadiens forward's face into the Bell Centre ice.

Lars Eller's second goal of the game with 2:22 left to play set up a wild finish, but Montreal failed to get the equalizer. Eller also set up a goal by Brendan Gallagher.

The Canadiens' 350th consecutive sellout crowd was electric as usual for a Montreal-Toronto game and it didn't lack for action.

But the mood turned sombre 2:34 into the third period when Parros was prone on the ice. Orr had fallen and pulled down Parros, who was bleeding and looked woozy. A team of trainers spent several minutes treating him on the ice.

Canadiens enforcer George Parros fights his Toronto counterpart Colton Orr during the NHL season opener Tuesday night in Montreal. Parros fell face first to the ice during the brawl and left on a stretcher. RICHARD WOLOWICZ/GETTY IMAGES

Opening night

Leafs	Canadiens
4	3

The crowd chanted Parros' name as he was wheeled off.

The Leafs were on a two-man advantage when Van Riemsdyk partially fanned on a shot at the side of the net that slipped between Carey Price's pads 8:01 into the game.

The teams were each down a man when Raphael Diaz slipped a pass to Eller for a goal at 10:08 and Toronto was caught on a 3-on-1 when Montreal got the puck behind Carl Gunnarsson and Eller fed Gallagher at 13:54.

Phaneuf tied it 8:36 into the second as he broke in on the left side to put a wrist shot inside the far post. It was the 19,000th goal in Leafs history in 6,169 games since 1917.

Bozak put Toronto ahead shorthanded at 17:39 when he poked the puck away from Andrei Markov and went in on a break to beat Price to the stick side.

Raymond, playing his first regular-season game for Toronto, scored 5:10 into the third.

THE CANADIAN PRESS

Cornerstone contract

Wallet Phil'd: Kessel staying in Toronto

Phil Kessel got his wish to make it a long stay with the Toronto Maple Leafs.

What general manager Dave Nonis called "short and productive" negotiations ended with Kessel signing a $64-million US, eight-year contract on Tuesday.

The deal has a salary cap hit of $8 million per season. It begins in 2014-15 and runs through the 2021-22 season.

"I always wanted to be (in Toronto)," Kessel said.

"I want to finish my career here. It's a great city, the organization's unbelievable, and I'm really excited to continue here."

The contract includes a limited no-trade clause. Kessel has one season left on his previous deal at $5.4 million.

General manager Dave Nonis said negotiations started last week. THE CANADIAN PRESS

Raptors' Gay sets sights on better shooting

Raptors small forward Rudy Gay
THE CANADIAN PRESS

Rudy Gay had no idea how bad his vision was until he went to renew his drivers licence last year and nearly failed the test.

"They said 'Do you wear glasses?' I said no. They said, 'Well you need to wear glasses,"' Gay recounted, with a laugh.

He wasn't laughing at the time. For a guy who makes a living tossing a ball through a hoop from a distance, the news was disconcerting.

After a brief experiment with corrective goggles, the Toronto Raptors forward underwent surgery to correct his vision during the off-season.

One day into training camp, Gay said he's feeling like a much-improved player. He averaged 19.5 points to top Toronto in scoring after he was acquired from Memphis in a mid-season trade. Still, he shot a career-low 40.8 per cent and 31 per cent from three-point range. So Gay committed every day of the off-season, he said, to being a better shooter.

"I started from the basics. . . form, worked on my form. From there just rhythm, shooting, shooting, shooting," Gay said. "I made about 300 shots a day, sometimes more."

He joked that any improvement in his game this season will be credited solely to his better vision.

"Honestly, I was talking to my trainer, and he said if you come out and have a great season it's going to be because of your eye, not because of the work you put in," Gay said.

THE CANADIAN PRESS

OUA football

Mustangs usurp Laval for nation's No. 1 spot

Western's football team has made its way to the top of the Canadian Interuniversity Sport rankings.

The undefeated Mustangs jumped to first place in the Top 10 after Saturday's 50-31 win over the Queen's Gaels. It's the first time the team has earned the No. 1 ranking since 2011.

Laval (5-0), which earned last week's top spot, has fallen to second. Calgary, Guelph and Queen's round out the top five.

The Mustangs travel to Windsor on Saturday. Kickoff is at 1 p.m.

METRO

OHL

League hands down 4-game ban to Knights' Domi for head hit

London Knights forward Max Domi will serve a four-game suspension for a hit during Sunday's game in Guelph.

Domi got a five-minute major and a game misconduct for taking his forearm to Storm left winger Brock McGinn's head.

The hit came at 18:23 in the first, moments after Domi took a clean check from McGinn.

Domi will be eligible to skate again Oct. 11 when the Knights take on the Bellville Bulls at Budweiser Gardens.

METRO

NBA

"In Toronto we didn't go to the playoffs for five straight years so I'm starving for winning and get back to the playoffs." New York Knicks forward Andrea Bargnani

Scherzer gets the nod for Game 1

MLB playoffs. 2011 CY Young winner Verlander to pitch the second game versus Oakland

From all-star starter to post-season headliner — Max Scherzer is Jim Leyland's pick again.

Detroit's 21-game winner will start the AL division series opener Friday night at Oakland, with star Justin Verlander following in Game 2. Leyland announced the Tigers' rotation Tuesday, putting an end to any speculation about who would start Game 1.

"I truly feel that I could start any one of my guys and I would feel comfortable," Leyland, Detroit's manager, said. "I think that the kind of year Scherzer's had ... I'm sure somebody will find something wrong with this choice, but I think that's kind of hard to argue."

Scherzer (21-3) was baseball's lone 20-game winner this year and started for the American League in the All-Star game, which Leyland managed. But Verlander (13-12) was the 2011 AL MVP and has been one of the top pitchers in the game over the last few seasons, so Leyland could have picked either.

"It's awesome," Scherzer said. "We're going up against a great team, and I have a shot to go out there and pick up the win, first time. What more can you want?"

The Tigers won the AL Central for a third straight year, thanks to an exceptionally deep rotation. Anibal Sanchez, the AL's ERA leader, won't pitch until Game 3 against the Athletics. Doug Fister starts Game 4.

Leyland said relievers Bruce Rondon and Phil Coke will likely miss the series due to elbow problems.

Long time coming

Bartolo Colon will start for the Oakland Athletics in Game 1 of their AL division series against Detroit on Friday, his first post-season appearance in eight years.

- A year after Colon missed the playoffs for Oakland while serving a 50-game suspension for a positive test for testosterone, he won 18 games and is getting another chance on baseball's big stage — at age 40, and in his first playoff appearance since 2005 with the Angels.

Max Scherzer of the Detroit Tigers was MLB's only 20-game winner this year, and will start his team's playoff opener on Friday. HANNAH FOSLIEN/GETTY IMAGES

Next in line

"I'm pretty doggone close to right where I need to be."

Detroit pitcher Justin Verlander, who will not start Friday despite pitching six scoreless innings in each of his final two starts.

Scherzer is a favourite to win his first Cy Young Award, and it's not just because of his lofty win total. He finished fifth in the AL in ERA and second in strikeouts while holding opponents to a .198 average.

No wonder Verlander was deferential to his teammate after Leyland's announcement.

"If it was me, I'd probably make the same decision," Verlander said. "Max has had a magical season, and when a guy has a season like that and everything's going right, why not ride it?"

Verlander was the Cy Young winner in 2011 and finished a close second last year to David Price. This season has been more of a struggle. His 3.46 ERA was his highest since 2008.

THE ASSOCIATED PRESS

MLB

Jays pitcher has elbow surgery

Toronto Blue Jays right-hander Josh Johnson underwent successful arthroscopic surgery Tuesday to remove loose bodies and a bone spur in his right elbow.

Johnson is expected to be ready for spring training next year.

The 29-year-old native of Minneapolis, Minn., had a 2-8 record and 6.20 earned-run average over 16 appearances this year. He allowed 105 hits and 15 home runs over 81 1/3 innings pitched.

Johnson earned $13.75 million this past season with the Blue Jays.

THE CANADIAN PRESS

Pitcher Josh Johnson underwent successful surgery. GETTY IMAGES FILE

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's game — All Times Eastern
Buffalo at Cleveland, 8:25 p.m.

Sunday's games
Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NHL

Tuesday's results
Toronto at Montreal
Washington at Chicago
Winnipeg at Edmonton

Wednesday's games — All Times Eastern
Toronto at Philadelphia, 7:30 p.m.
Buffalo at Detroit, 8 p.m.
Anaheim at Colorado, 9:30 p.m.

Thursday's games
Calgary at Washington, 7 p.m.
Tampa Bay at Boston, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.
Los Angeles at Minnesota, 8 p.m.
Nashville at St. Louis, 8 p.m.
Florida at Dallas, 8:30 p.m.
NY Rangers at Phoenix, 10 p.m.
Vancouver at San Jose, 10 p.m.

Friday's games
Calgary at Columbus, 7 p.m.
Detroit at Carolina, 7 p.m.
Ottawa at Buffalo, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Los Angeles at Winnipeg, 8 p.m.
Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern
Hamilton at Toronto, 7 p.m.
Saskatchewan at B.C., 10 p.m.

Saturday's games
Montreal at Edmonton, 3:30 p.m.
Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Tuesday's result
NL: Cincinnati at Pittsburgh

Wednesday's game — All Times Eastern
AL: Tampa Bay (Cobb 11-3) at Cleveland (Salazar 2-3), 8:07 p.m.

AL DIVISION SERIES

(Best-of-5)
OAKLAND VS. DETROIT
Friday's game
Detroit at Oakland, 9:37 p.m.
BOSTON VS. CLEVELAND-TAMPA BAY WINNER
Friday's game
Cleveland-Tampa Bay-Texas winner at Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)
ATLANTA VS. LOS ANGELES
Thursday's game
Los Angeles at Atlanta, 8:37 p.m.
ST. LOUIS VS. CINCINNATI-PITTSBURGH WINNER
Thursday's game
Cincinnati-Pittsburgh winner at St. Louis, 5:07 p.m.

DRIVE 5

The 2013 Toyota RAV4

ALL PHOTOS CONTRIBUTED

Review. Toyota's aim to recreate success of '90s model falls short but reliability is still assured

When Toyota introduced its RAV4 model back in 1994 it was an unusual, quirky and clever car. Stylish to look at, it created a whole new segment for compact crossover SUVs; there was even a three-door version, which is unusual even now.

The vehicle was aimed at trendy, young, (mostly) urban drivers, but in the 19 years since its release, the competition has got much tougher and Toyota has rather fallen off the pace. Toyota is aiming to attract a range of different drivers with this latest model, which is why the 2013 RAV4 is available in five configurations, with 2.5-litre gas, all-wheel drive and continuously variable transmission (CVT), a 2.5-litre diesel with front-wheel drive and six-speed manual transmission and a 2.5-litre diesel with four-wheel drive. However, all models in Canada are only available in six-speed automatic transmission using only gas.

This fourth generation RAV4 (which stands for Recreational Active Vehicle, Four-Wheel Drive) aims to elevate Toyota back to the top of the class with a RAV4 which is bigger, better and more practical than ever. The biggest new feature in the 2013 RAV4 is the rear lift gate which opens upwards (earlier models had the door opening sideways) and the rear-mounted spare tire is now inside the vehicle.

The 2013 Toyota RAV4

- **Top speed.** 185km/h
- **Engines (hp).** Four 2.0 litre or plus options available
- **0 to 100km/h.** 10.0 sec.
- **Fuel consumption** 5.9/100km
- **Base price (incl. destination)** From $23,790

Interior

The interior is spacious and the trunk is big but the cabin is letdown by the use of some hard plastics and dull styling. The new RAV4 doesn't feel as lovely as it should.

Exterior

The unusual styling that the RAV4 was known for has been replaced by a far more generic-looking SUV. Its body has sharper edges and a stronger grille but it has lost some of its unique RAV4 personality, which is a shame.

Performance

The ride is too firm, resulting in a car that doesn't feel particularly relaxing to drive or comfortable around town. Even our test of the 2.2-litre diesel auto AWD version (not available in Canada) didn't feel fast and required frequent gear changes to get the most out of it.

Best thing

Despite its failings, the new 2013 Toyota RAV4 is a safe choice for sensible drivers who will be happy with its middle-of-the-road performance; who don't want a car to be desirable but dependable.

Worst thing

The "sport button," which is supposed to add pace and drama, is so badly tucked away that you have to search for it. Worst of all, switching it on only seems to increase the engine noise — not the engine's response — so its sporty paddle shifters feel impotent.

METRO

Horoscopes

♈ Aries
March 21 - April 20
The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

♉ Taurus
April 21 - May 21
Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

♊ Gemini
May 22 - June 21
You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

♋ Cancer
June 22 - July 23
Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

♌ Leo
July 24 - Aug. 23
You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

♍ Virgo
Aug. 24 - Sept. 23
Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

♎ Libra
Sept. 24 - Oct. 23
Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

♏ Scorpio
Oct. 24 - Nov. 22
You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

♐ Sagittarius
Nov. 23 - Dec. 21
Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

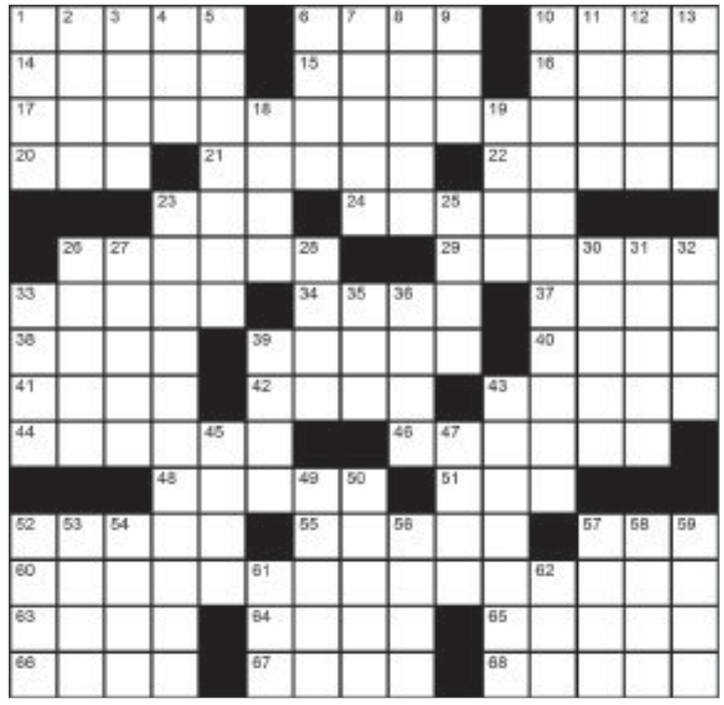
♑ Capricorn
Dec. 22 - Jan. 20
You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

♒ Aquarius
Jan. 21 - Feb. 19
The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

♓ Pisces
Feb. 20 - March 20
It's good make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. SALLY BROMPTON

Crossword: Canada Across and Down

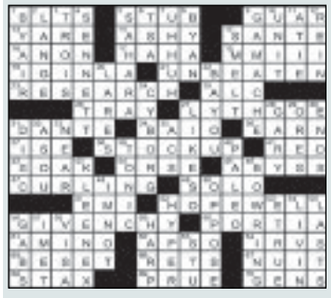
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Chocolate substitute
6. Mater's mate
10. Street performer
14. Earth's sky layer
15. Toilets, British-style
16. Paradise
17. Like the people at #26-Across: 2 wds.
20. Surgery sites, for short
21. "Have a Little Faith in Me" by John __
22. "Bust _ __" by Young MC
23. Certain conifer
24. Car company
26. Prehistoric culture of North America
29. Sci-Fi writer, Isaac __ (b.1920 - d.1992)
33. Beethoven's title lady
34. Hold off
37. Elizabeth Taylor's title
38. Gets workers for
39. Actress Olivia
40. Mountain goat's rock
41. Roman Numeral for 2501
42. Like fine wine
43. Matches
44. "Together Forever" singer Rick
46. "Blue Suede Shoes" bit: "Well, it's __ __ the money..."
48. __ Tuck
51. Compass point
52. Studio sign: 2 wds.
55. Canadian communications company
57. Jump
60. 501 __ __. NW (Canadian Embassy's locale in Washington, DC)
63. Desert weather
64. Ms. West's
65. Weasel kin
66. Much
67. Shortened helper
68. Beatles-style of jacket

Down
1. Small salmon
2. Cote d'__ (French Riviera)
3. Director Mr. Howard's
4. Man. neighbour
5. Bzzz-er's abode
6. Sea lettuce
7. Reluctant
8. Purposeful saying
9. Fireplace residue
10. "Come on down to the __ __ and I will / Buy you a bottle of wine..." - Joni Mitchell, "Carey"
11. Prefix meaning 'Thought'
12. Mr. Griffin
13. 'ence' word-ending alternative
18. Rihanna's nickname
19. Actor, George __
23. Dinosaur tooth, whale bone ...and others: 2 wds.
25. Decorator Mr. Berkus
26. Red Lobster servings
27. Swiss chocolate brand
28. Swallow swiftly
30. "The X Factor" host Mr. Lopez
31. Noted astrologer Sydney
32. Carrots, celery, e.g.
33. Title role for Gwyneth in 1996
35. Saloon serving
36. Oliver! song: "__ Anything": 2 wds.
39. "The __ _ Feel" by Gordon Lightfoot
43. CPP = Canada __ Plan
45. Misjudges
47. Nine: German
49. He was a Titan
50. Dreams: French
52. October birthstone
53. Emperor of Rome
54. Have _ __ to pick
56. Endure
57. Possesses, olde-style
58. Complete
59. Place inSouth America
61. Singer Ms. Sumac
62. Did lunch

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7			9	4	2			6
					3	8		
	2	6	8			3		
3	7		2		9	4		8
8								3
4		2	7		8		1	5
		8			6	7	9	
		9	4					
2			1	9	5			4

Yesterday's Sudoku

7	2	4	3	9	8	1	6	5
1	8	6	5	2	7	9	3	4
3	9	5	1	6	4	7	2	8
5	4	9	8	7	2	3	1	6
8	6	7	4	1	3	2	5	9
2	1	3	6	5	9	8	4	7
9	3	8	2	4	5	6	7	1
6	5	2	7	8	1	4	9	3
4	7	1	9	3	6	5	8	2

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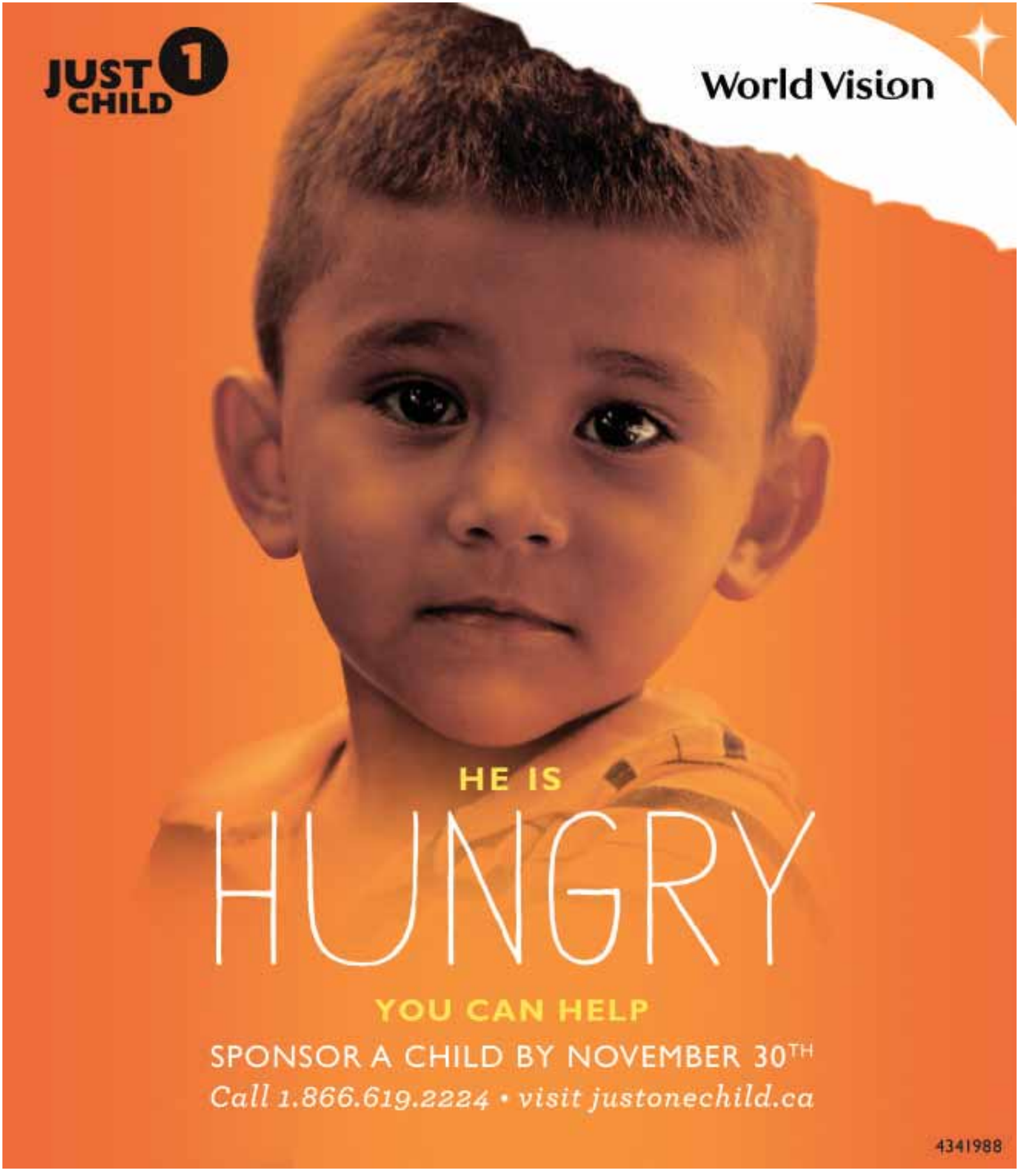
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